

40 ideas to a minimalist digital life by David Berti

40 ideas to a simplified, decluttered, minimalist, distractionless, renewed, flawless and improved computing experience.

A conceptual guide for Linux, Windows and Apple users.

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If you like these concepts or would love to talk about them (suggestion, questions, etc) just drop me an email at davebe@inbox.com. If you want to post these concepts on your blog, please let me know. Enjoy!

#1

store your info, contacts, etc in plain text files. Store them on a physical hard drive (not on the cloud!). Note there everything you want to.

#2

Avoid using proprietary formats. When possible, use free and open source formats.

#3

Save your favourite terminal commands (if you use Linux) so that you always have them in one place when you need them.

#4

Keep a log of your favorite applications saving everything in a txt file. Save the terminal commands you execute to reinstall everything when you need to. Below you have an example for Linux users. Remember that, if you use these commands, you should check

and upgrade application names and versions (libraries, repositories, etc) because there can be changes with time.

-----code-----

```
sudo add-apt-repository ppa:tiheum/equinox
sudo add-apt-repository ppa:malteworld/compiz
sudo apt-get update
sudo apt-get upgrade
sudo apt-get install kupfer redshift emesene fbreader pyroom sonata emerald fdupes
unetbootin emerald emerald-theme-manager peazip libgtk2.0-dev gtk2-engines-equinox
equinox-theme compizconfig-settings-manager build-essential libgtk2.0-dev libwnck-dev
libxrender-dev libpango1.0-dev libcairo2-dev compiz-dev libdecoration0-dev libtool
intltool git gstreamer0.10-plugins-ugly mpg321 vorbis-tools gstreamer0.10-pitfdll
gstreamer0.10-ffmpeg gstreamer0.10-plugins-bad gstreamer0.10-plugins-bad-multiverse
gstreamer0.10-plugins-ugly gstreamer0.10-plugins-ugly-multiverse vlc vlc-plugin-* gdebi
```

----- end of code -----

#5

Use a clutterfree interface when creating and editing text. I used to write with pyroom and marave, but I now use a notepad++ or a similar application.

#6

try to rely on simple HTML and TXT documents for usability and versatility (especially if you use different operative systems).

#7

Use a simple graphical theme (In Ubuntu I use Emerald with the ffuu theme

#8

If you want to rename you files, avoid using underscores (_). In case you want to rename your files removing underscores (so to improve readability), just execute the following command in your terminal: `rename 's/_/ /g' *` (obviously, you have to enter the path in which the files are located by the command `cd/filesfoldername`). Subfolders are not automatically included in the operation.

#9

Dim the brightness of your screen: make it easy on your eyes by installing F.lux or Redshift. If you use the PC at night, this is for you. This is how to install it:

Download and install flux:

```
$wget -c https://secure.harf.org/flux/xflux.tgz
$tar -xvzf xflux.tgz
$rm -rf xflux.tgz
$sudo cp xflux /usr/bin/
$sudo chmod 755 /usr/bin/xflux
```

Now you can run flux with xflux command, you can also add it to your start up, But first you have to define your zipcode or latitude.Example :

```
$xflux -l 33.55, 44.55
```

When i am posting this blog post, the f.lux does not support latitude over 60.

Or you can define zipcode **-z** instead of **-l**

Now add it to your startup :

System > Preferences > Sessions

Name : Xflux

Command : **xflux -l 41.9, 12.5** (DO NOT FORGET TO CHANGE it to your own latitude or Zip!

Mine is the right Latitude for Italian users)

Comment : F.lux , Better lighting For Your Computer

#10

Master the system you're using. Get to know how your OS works.

#11

Don't mess around with your system too much if you don't know how to fix things. Make sure you try modding and tweaking it only after a backup of your files.

#12

Declutter your files, delete what you don't like or use, remove useless junk from your life.

#13

Rely on free music, movies and radio: netlabels, Archive.org and open source materials are wonderful! And it will be liberating to own free and "open" music. Only pay for what you really love and use.

#14

consume less things, music, whatever, and create something on your own.

#15

delete old and unused accounts.

#16

rely on social networking only if it is useful and adds value to your life.

#17

keep your desktop decluttered and clean. Prefer minimal backgrounds (plain colour?)

#18

use shortcuts: save time and wrists.

#19

use file tracking applications to save time looking for your files

#20

use simple names for files and create a simple filing system so you can find everything, whenever you need.

#21

backup your digital stuff

#22

store less files and stuff. In doubt, just ask yourself "I need this?", "will I use it often?". If the answer is not, delete it.

#23

use few computers. Ideally just one machine is great! I suggest a desktop or a netbook.

#24

avoid using wifi. Keep it disabled. Your health will thank you.

#25

use mostly plain text file to manage your digital life. This way, if you happen to use a different machine than yours you will have no problem viewing and editing it.

#26

avoid multitasking

#27

take the time to declutter your hard drive. You can also do that in chunks of time during the week.

#28

Use few applications on your PC. Uninstall something if you don't use it. In case you may need it again in the future, just keep the installation file and you're good to go. Here are some ideas:

TEXT: Gedit - Abiword - PyRoom - JDarkRoom - Notepad

MEDIA: VLC

File Tracker: Kupfer – Quicksilver

#29

if you don't like something, change it.

#30

Respect yourself

#31

live your real life: internet is just a tool (although it looks like another life)

#32

understand how much the web influences your life. If you are too attached to it, take action to solve the problem.

#33

Don't repeat yourself: simplify the way you communicate online. Trim down your site articles, condense everything. This way you can create new things, while leaving the old behind.

#34

Manage your cables the right way.

#35

Take care of the hardware.

#36

Use a physical hard disk to back everything up.

#37

Reduce the time you spend managing your websites and social networking accounts and contents.

#38

Use less, but better services.

#39

technology is only an instrument. Don't depend on it.

#40

Share this guide with all of your friends and contacts!